



Belgrave School Menu

Week 1

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Drink Toast, jam, marmite Orange wedges Cereals	Drink Cereals with milk Pear	Drink Breakfast muffin Apple Cereals	Drink Toasted bagel with jam or marmalade Banana Cereals	Drink Bacon roll and fruit Cereals
Lunch	Tuna pasta bake and broccoli	Roast chicken and stuffing with potatoes, carrots, sweetcorn and gravy	Root vegetable curry with rice and naan bread	Lamb/beef bolognaise and spaghetti with cheese	Jacket potatoes with choice of topping and salad
Pudding	Banana custard	Rice pudding	Peaches and cream	Shortbread	Cupcakes
Snack	Cream cheese and crackers	Hummus and bread sticks	Fruit platter	Vegetable batons with sour cream dip	Pitta bread with cheddar cheese

Week 2

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Drink Toast, toasted muffin Apple Cereals	Drink Pancakes with berries and natural yoghurt Cereals	Drink Crumpets Bananas Cereals	Drink Toast with honey or marmite Pear Cereals	Drink Cereals Orange wedges
Lunch	Mac and cheese with lettuce and cucumber salad	Pork patty in a bread roll with potato wedges	Chicken, bean & vegetable casserole with cous cous and green beans	Sausage, mash and beans	Fish fingers with peas and crispy potatoes
Pudding	Orange yoghurt pudding/cake	Fruit	Sponge pudding and custard	Ice cream with chocolate sauce	Raspberry oat bar
Snack	Vegetable sticks and hummus	Rice cakes with butter and a variety of toppings	Tortilla chips and salsa	Fruit platter	Toasted bagel with cream cheese

Week 3

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Drink Crumpets Apple Cereals	Drink English muffins and fruit Cereals	Drink Bagels and banana Cereals	Drink Cereals with milk Sultanas	Drink Toast and jam Pear Cereals
Lunch	Beef chilli and rice with tortilla chips	Lamb moussaka and sweetcorn	Tomato, onion and herb pasta with garlic bread	White fish in parsley sauce with peas and new potatoes	Pizza and salad
Pudding	Fruit flapjack	Fruit jelly	Banana & apple cake	Fruit	Chocolate Brownie
Snack	Pitta bread with tomato and cucumber	Hummus with vegetable sticks	Fruit Platter	Naan bread and mango chutney	Cheddar cheese with wraps